

Stretching Assignment PSE 4U

Name of Sport

Muscle Group Acted Upon

Diagram

Rationale i.e. type of movement/injury prevention

Clear Outline for Instruction i.e. length of time

Clarity of Class Presentation

Nt: Any photocopying needed I must have 1 day in advance

Sep 26-2:26 PM

| | |
|------------------------|--------------|
| Monday September 30th | Austin H |
| Tuesday October 1st | Rowan S |
| Wednesday October 2nd | Cass M |
| Thursday October 3rd | Evan H |
| Friday October 4th | Ryan J |
| Monday October 7th | Terron J |
| Tuesday October 8th | Rachel S |
| Wednesday October 9th | Alex V |
| Thursday October 10th | Emily L |
| Friday October 11th | PA Day |
| Monday October 14th | Thanksgiving |
| Tuesday October 15th | Nicole |
| Wednesday October 16th | Allie P |
| Thursday October 17th | Mikayla H |
| Friday October 18th | Lindsay P |
| Monday October 21st | Jenna H |
| Tuesday October 22nd | Carolyne |
| Wednesday October 23rd | Brodie |
| Thursday October 24th | Tyson |
| Friday October 25th | Katie |
| Monday October 28th | Cam B |
| Tuesday October 29th | Meghan |
| Wednesday October 30th | Annie |
| Thursday October 31st | Laura |
| Friday November 1st | Sydney |
| Monday November 4th | Scout |

Sep 26-2:31 PM

Tuesday November 5th

Wednesday November 6th

Thursday November 7th

Friday November 8th

Monday November 11th

Tuesday November 12th

Wednesday November 13th

Lydia

Steph

Simon

PA Day

Nick

Sep 26-2:31 PM